

Do your nutrition education

# ONLINE

Follow these easy steps:

1. Go to [wichealth.org](http://wichealth.org).
2. Create an account and set up your profile.
3. Choose a lesson from one of the 5 categories.
4. Complete the lesson.
5. Fill out the survey.
6. Print or email your certification of completion.



Access previously completed lessons by clicking on the "My Profile" link!



Save your favorite links so you can go back and view them at any time!



Share your comments about links.

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# Lessons Available

## Pregnant Women

Food Safety for Moms-to-Be\*  
A Recipe for a Healthy Pregnancy

## Family

Eat Well- Spend Less\*  
Steps To A Healthier Family\*  
Healthy Whole Grains\*  
Shopping with your WIC Bridge Card

## Parents

Be Healthy with Fruits and Veggies\*  
Be Healthy As Your Baby Grows\*  
Preparing For A Healthy Pregnancy\*

## Infants

Starting to Feed Your Infant Solids\*  
Baby's First Cup\*  
Support for Breastfeeding Moms\*

## Children Ages 1-5

Make Meals & Snacks Simple\*  
Secrets For Feeding Picky Eaters\*  
Create Good Eating Habits In Your Child\*  
Help Your Child Make Good Eating Choices\*  
Trust Your Child To Eat Enough\*  
Happy, Healthy, Active Children\*  
Build Strong Kids with Dairy Foods\*  
Fun and Healthy Drinks for Kids\*  
Fruits and Veggies Grow Healthy Kids\*  
Keep Your Family Safe From *E.Coli*\*

\*Available in Spanish

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